

Parent Tips for Healthy Kids



Nutrition

- 1 Establish a general structure for meal and snack times, and allow eating only at these times.**
Most young children need three meals and two snacks per day, but by the age of eight, three meals and an afternoon snack are plenty. Offer water, fruits and vegetables if kids are still hungry in between meal and regular snack times. Save soda, punch, and flavored waters for special occasions.
- 2 Limit eating and snacking to a certain area of the home, such as the dining room or kitchen.**
Discourage grazing in front of the television or computer. If a child generally eats somewhere, say in front of the television, it can be a reminder to him to eat whenever he sits there, whether he really is hungry to eat or not.
- 3 Give your kitchen a makeover.**
Move party foods like cookies, chips, soda and punch to higher cupboards or to the basement storage area. Make a designated snack drawer and fill it with things like lowfat granola bars, raisins, vanilla wafers, and dried fruit. Preportion into small plastic bags foods that don't come in individual packaging. Place a fruit bowl on the counter for easy access.
- 4 Find alternatives to rewarding or bribing with food.**
Instead, try stickers, hugs, and small toys, or simply say, "You did a great job!" Everyone wins when you offer some activity or time with your children as a reward. Dad can take the kids for a walk in the park. Mom can offer a swimming outing. The whole family can ride bikes together to the library.
- 5 Eat as a family as often as possible.**
Sit down and enjoy each other's company during meals. Kids learn from parents acting as positive role models. They will also learn the social pleasures of eating well. Don't use this time for scolding. Focus on eating and conversation and turn off the T.V. while eating. Limit fast food to once a week or less.



Physical Activity

- 1 Set limits on sedentary time (television, video games, and computer).**
One-half hour to one hour per day of television time is plenty. Remove the television set from your child's bedroom. Don't worry if your child says he or she is bored. Boredom passes and often leads to creativity.
- 2 Plan kid-oriented activities that the whole family can enjoy.**
Hiking, swimming, riding bikes, and walking the dog are all activities that can be enjoyed by the whole family.
- 3 Ensure that your child reaches adulthood with an individual sport or activity that he or she enjoys, such as swimming, running, golf, or tennis.**
Enroll your child in intramural sports and recreational activities that fit your budget and time constraints. Then make them a priority!
- 4 Make activity part of everyday life.**
Children can walk or ride bicycles to school, climb stairs instead of using elevators and walk the dog every evening. If your neighborhood is unsafe, walk with your child to school and benefit from the exercise as well. Create a physically active friendly environment around your home. Have balls, jump ropes, and bikes easily accessible.



"Healthy bodies and happy people come in all shapes and all sizes. Adults and kids who eat right, exercise, and stay active are healthier, no matter how much they weigh or how they look."
Rachel J. Cox, Registered Dietitian

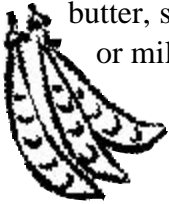
Nutritious Snacks Ideas

"A snack that is filling and also that will keep your child satisfied should include some starch, some protein, and some fat. The starch provides the bulk, the protein and fat the staying power. If your child is really hungry or if he has to wait quite a while until the next meal, an apple or some carrots just won't do the trick."

--Ellyn Satter, RD--

Vegetables

Cut up fresh raw vegetables. Serve with peanut butter, salad dressing, cheese, cottage cheese, or milk.



Broccoli	Green beans
Carrots	Green peas
Cauliflower	Turnip sticks
Celery	Zucchini

Fresh Fruit Snacks

Slice or serve whole. Serve with peanut butter, cottage cheese, yogurt, ricotta cheese or milk.

Apples	Berries	Peaches
Apricots	Grapefruit	Pears
Bananas	Pineapple	Grapes



Dried Fruit Snacks

Serve with nuts, almonds, cashews, peanuts, or with seeds (pumpkin, squash, sunflower).

Apples	Figs	Prunes
Apricots	Peaches	Raisins
Dates	Pears	

Juices

Use 100% fruit and vegetable juices (but only up to 4 oz. per day for a child).



Milk

Serve lowfat milk or yogurt. Try a smoothie by mixing milk in a blender with a banana, other fruit or orange juice for a healthy milk shake. Make it a little sweeter by adding vanilla extract, honey, molasses, or a very small spoon full of sugar.

Bread

Try a variety of breads--whole wheat, rye, oatmeal, mixed grains, bran (plain or with dried fruit), rye crisps, whole grain flat bread, and whole grain crackers. Also, try granola or breakfast bars for an afterschool snack. Serve with cheese or peanut butter.

Dry Cereals

Choose varieties with less than 3 grams of sucrose or other sugar. Serve with milk. Add dried fruits, nuts and seeds for variety and increased nutrients.

Popcorn

Try using grated cheese instead of salt and butter. Serve with milk or 100% fruit juice or water.



Treats-- occasionally

Bake your own cookies or banana bread. Try oatmeal raisin, peanut butter or molasses cookies. Serve cookies with lowfat milk.

Criteria for a Healthy Snack

- 1 Low in added salt, sugar, and fat.
- 2 Small in portion or size.
- 3 Tastes good!
- 4 Made from fewer processed ingredients and more fresh ingredients.
- 5 Made from a variety of foods.
- 6 Includes a fruit, a vegetable, or both!
- 7 Consider the snack to be a "mini-meal," containing foods from more than one food group.

